



Honey Glazed Scallops

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic chopped
- 0.5 teaspoon ground pepper black
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 1 tablespoon butter
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 pounds sea scallops rinsed drained

- 1 teaspoon seafood seasoning 30% low sodium old bay® (such as Less Sodium Seasoning)
- 1 shallots chopped

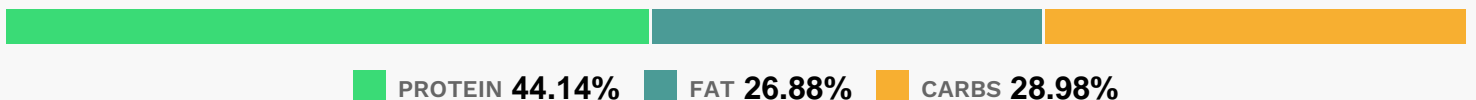
Equipment

- bowl
- sauce pan
- oven
- baking pan
- tongs

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch baking dish.
- Season scallops with salt, pepper, and low sodium seafood seasoning in a bowl.
- Place scallops in prepared baking dish and sprinkle with olive oil and 1 tablespoon of lemon juice.
- Bake in preheated oven until scallops are hot and beginning to turn opaque, about 15 minutes.
- Combine margarine, 2 tablespoons of lemon juice, honey, shallot, and garlic in a small saucepan, and bring to a simmer over medium heat. Cook and stir until the sauce thickens and the shallot has softened and turned translucent, about 5 minutes.
- Remove scallops from oven and use tongs to turn each scallop over in the baking dish.
- Sprinkle the hot lemon-honey sauce evenly over the scallops.
- Return scallops to oven and continue baking until scallops are opaque and sauce has formed a glaze over the scallops, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:12.718261039775%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 253.94kcal (12.7%), Fat: 7.5g (11.54%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 17.82g (6.48%), Sugar: 9.33g (10.36%), Cholesterol: 54.43mg (18.14%), Sodium: 1214.36mg (52.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Phosphorus: 765.47mg (76.55%), Vitamin B12: 3.2µg (53.36%), Selenium: 29.35µg (41.93%), Potassium: 510.31mg (14.58%), Zinc: 2.14mg (14.29%), Magnesium: 53.72mg (13.43%), Vitamin B6: 0.21mg (10.5%), Folate: 40.91µg (10.23%), Vitamin B3: 1.65mg (8.25%), Manganese: 0.15mg (7.28%), Iron: 1.22mg (6.79%), Vitamin K: 6.61µg (6.29%), Vitamin B5: 0.53mg (5.34%), Vitamin C: 3.76mg (4.55%), Vitamin E: 0.64mg (4.24%), Copper: 0.07mg (3.63%), Vitamin A: 147.29IU (2.95%), Vitamin B2: 0.04mg (2.58%), Calcium: 25.71mg (2.57%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.38g (1.52%)